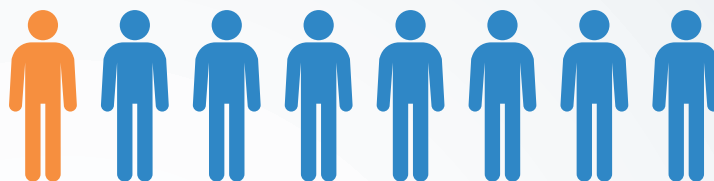
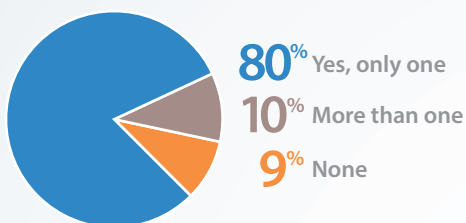


Howard County Health Assessment Survey

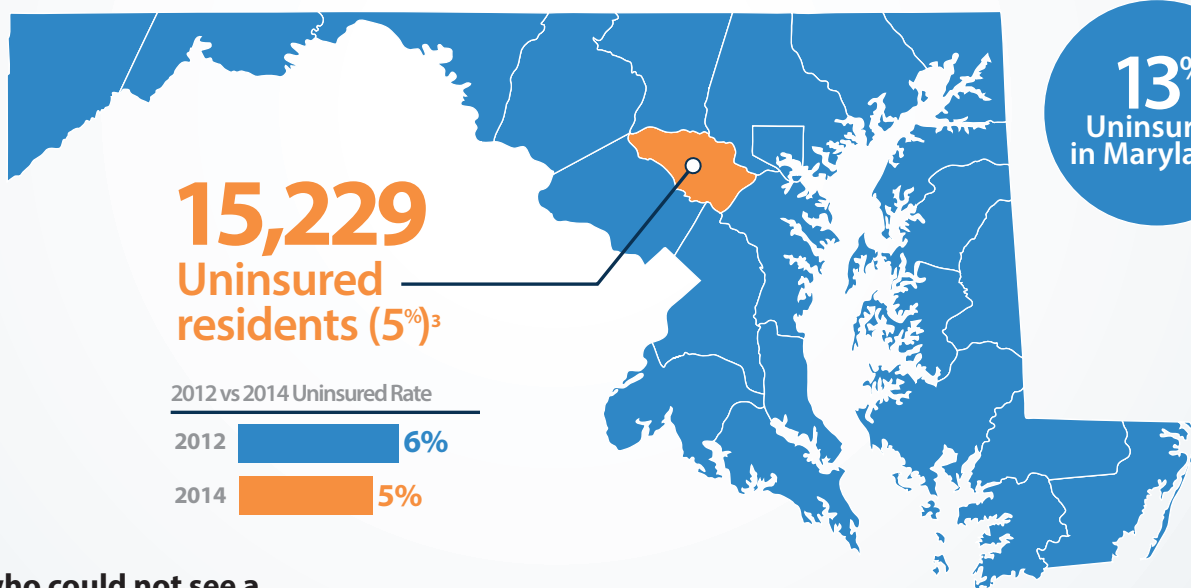
Access to Affordable Care

Access to affordable care improves quality of life and health outcomes. Without affordable access to a doctor, residents are more likely to end up with expensive emergency room care and problems that could have been prevented. Howard County has the lowest rate of uninsured residents in the state.¹ However, problems of inequality compared by income, race and education remain. What are the most common barriers in Howard County?

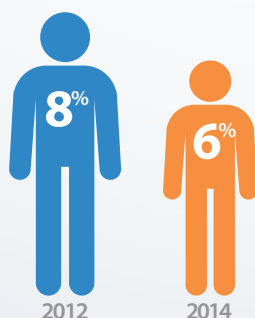
Do you have a doctor you regularly see?



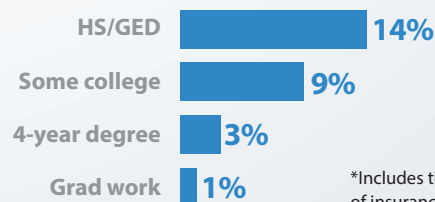
1 in 8 residents with incomes less than \$50k have ended up in the ER because they could not get a timely appointment with a doctor.



Residents who could not see a doctor because of cost in the last 12 months



Uninsured* by education



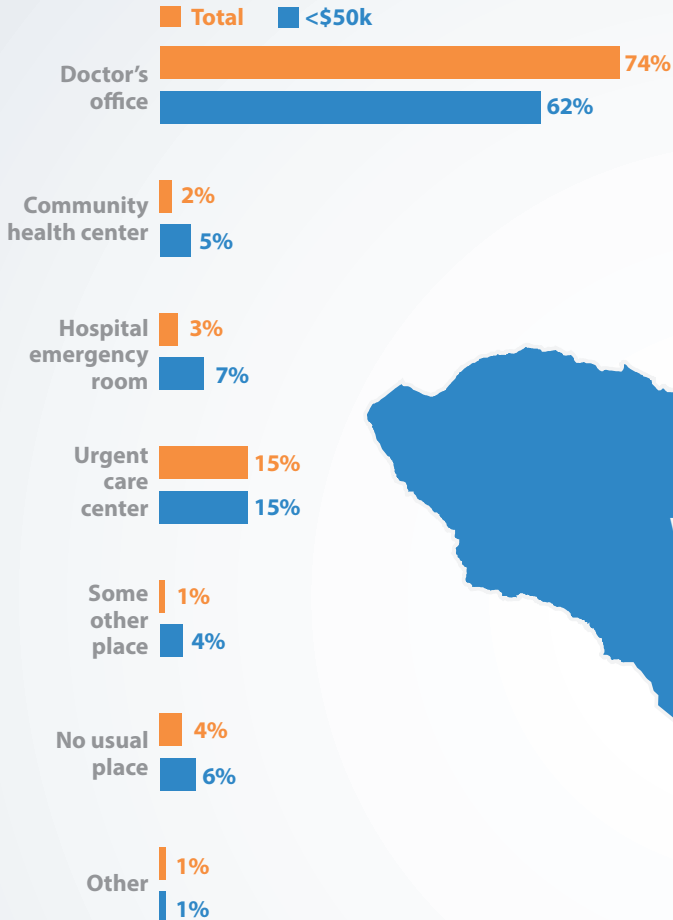
*Includes those unsure of insurance status

¹ County Health Rankings; ² Maryland uninsured provided by BRFFS (2013); ³ Population data based U.S. Census (2013); County uninsured provided by HCHAS (2014).

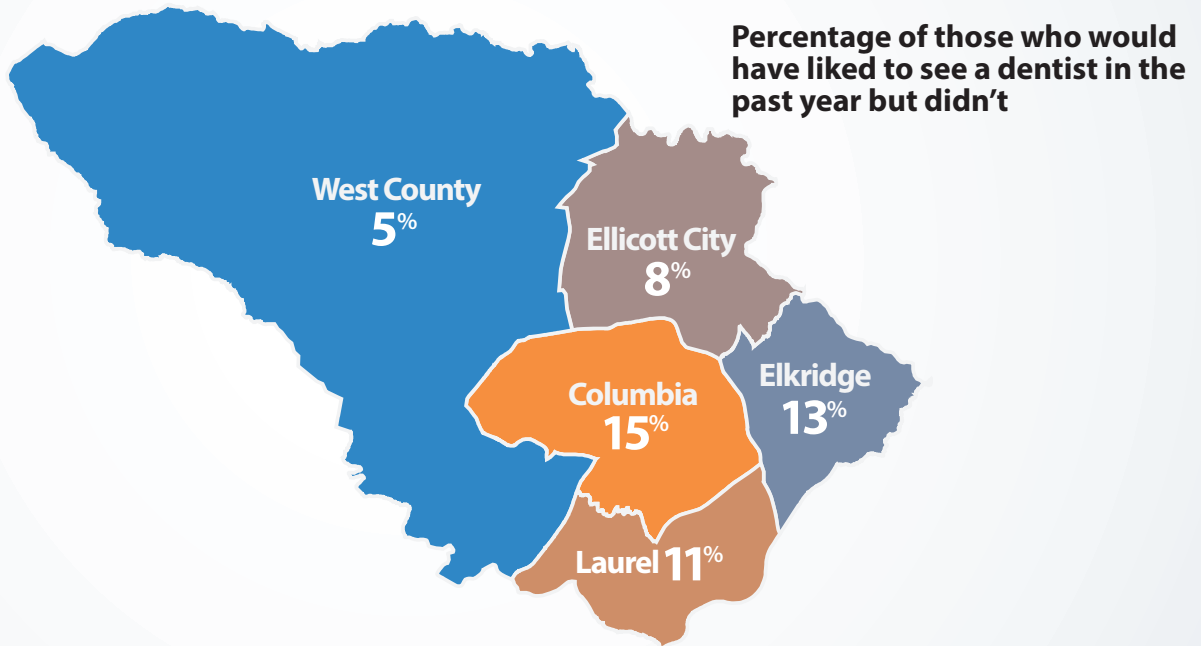
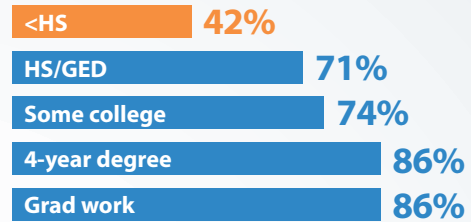
Howard County Health Assessment Survey

Access to Affordable Care

Income plays a big role in the decision on where Howard County residents go for medical care

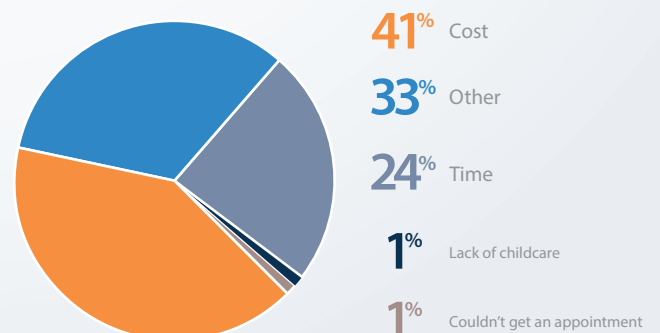


Percentage of respondents who saw a dentist in the last year, by education level



Visit Healthy Howard's Door to HealthCare (www.healthyhowardmd.org) to connect with local, affordable care options. For more information about providers and the affordable care act, visit Maryland's Health Benefit Exchange (www.marylandhealthconnection.org) and HealthCare.gov.

Why didn't they see a dentist?



Howard County Health Assessment Survey

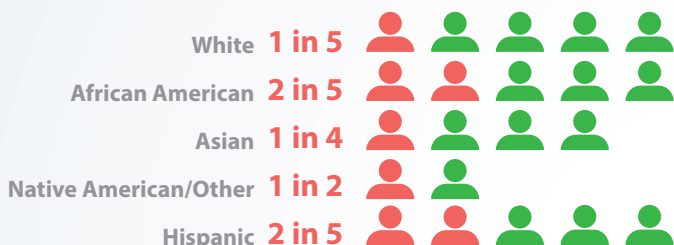
Behavioral Health and Addictions

People may turn to drugs, tobacco and alcohol to cope with stress and mental health problems, yet these habits can have a detrimental effect on overall well-being. How are Howard County residents doing in terms of stress, drinking, tobacco use and mental health?

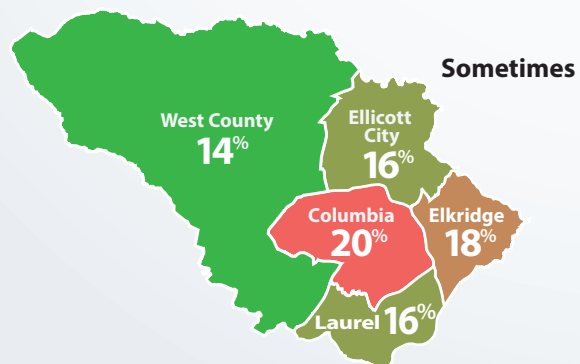
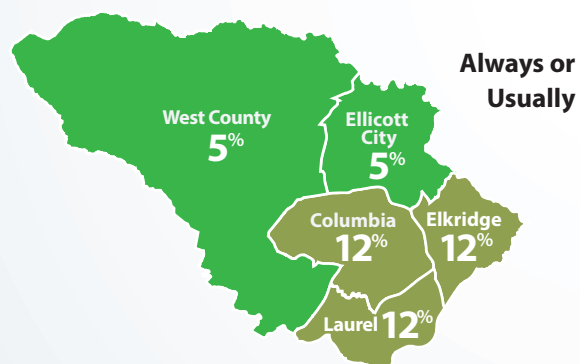


STRESS

Residents reported being stressed about money for vital expenses, such as rent, mortgage, food*



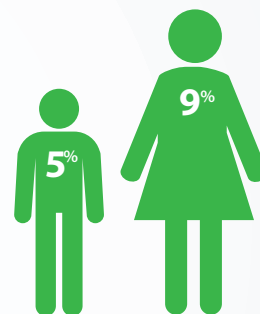
*Those who were sometimes, usually or always stressed about being able to pay for vital expenses (rent, mortgage or food) in the last year.



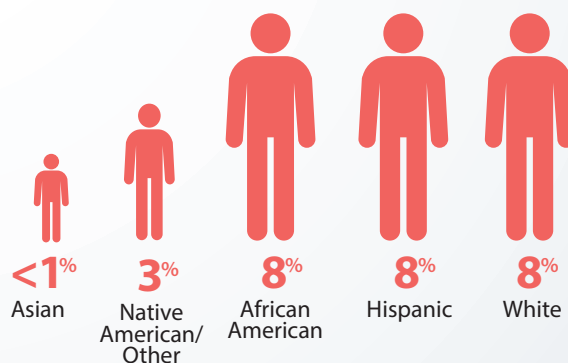
MENTAL HEALTH

Taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem

By gender



By race/ethnicity



Healthy ways to cope with stress

Exercise regularly, connect socially and ask for support from friends, family or a counselor.

Howard County Health Assessment Survey

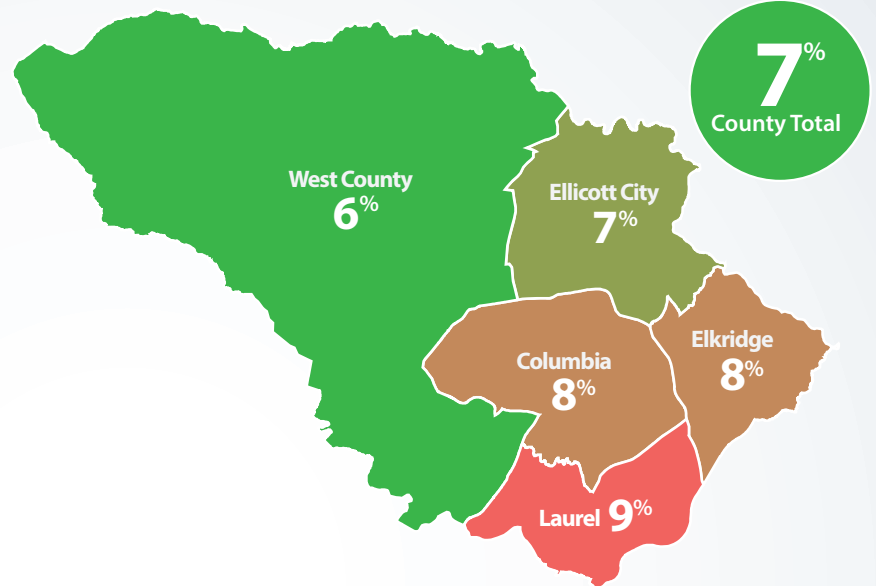
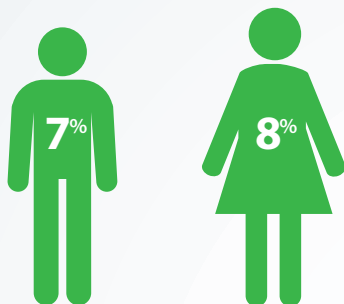
Behavioral Health and Addictions



TOBACCO PRODUCTS

Smoke cigarettes every day or some days

Smoking by gender

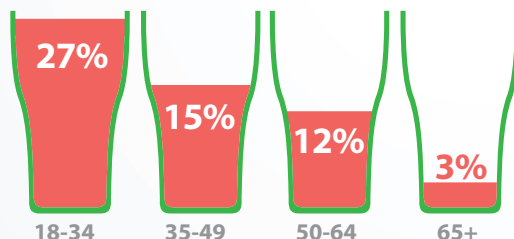


BINGE DRINKING

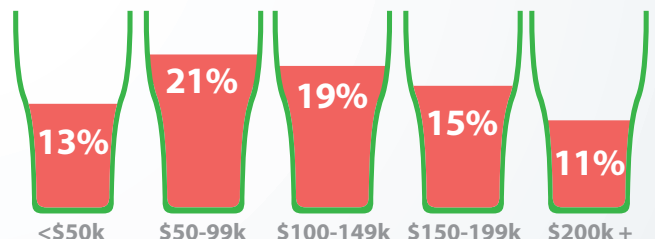
Those who report binge drinking* at least once in a month ...

*More than five drinks for men, four drinks for women

... by age



... by income



Need a reason to quit?

Smoking harms nearly every organ of your body, causing diseases and affecting overall health. Quitting has immediate, as well as long-term benefits for you and loved ones.

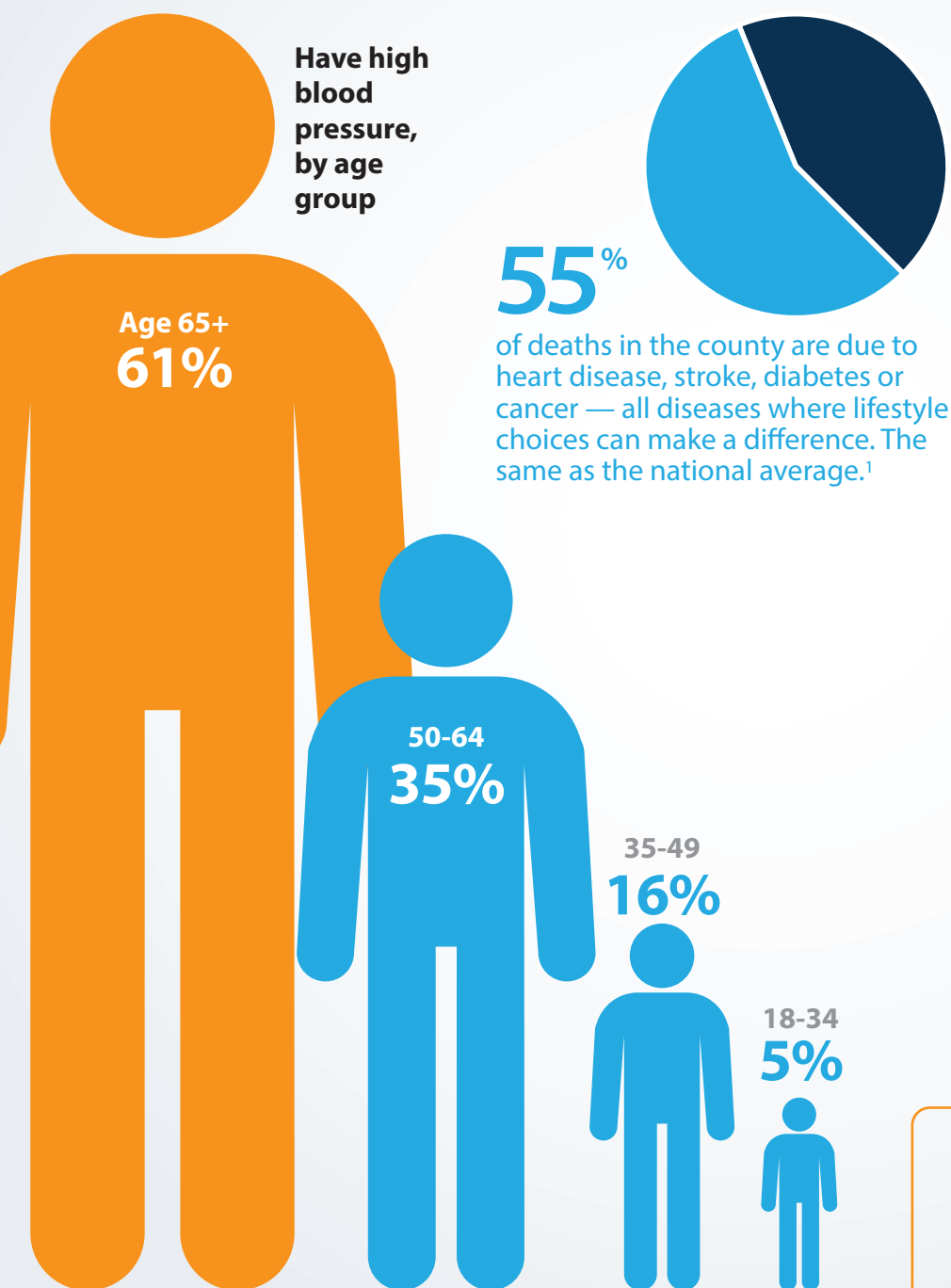
How many drinks are okay?

The National Institutes of Health recommends no more than one drink per day for women and no more than two for men.

Howard County Health Assessment Survey

Chronic Diseases

In many ways, Howard County residents are in better health than other areas of the state, yet there is still a prevalence of chronic diseases related to diet and weight. Unhealthy choices increase the risk of high blood pressure, heart disease, diabetes and cancer.



Although the county has higher levels of education and income, there is room for improvement concerning diet and weight related chronic diseases.

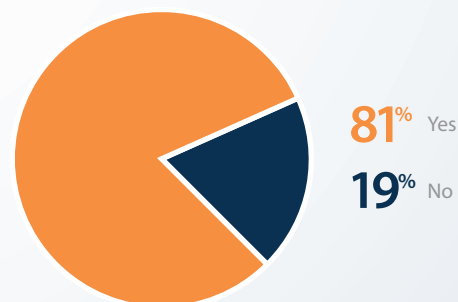
At least some college²



Households with an income under \$50k³



Adults with high blood pressure who are taking medication to help



Keeping blood pressure in the normal range reduces risk of cardiovascular disease, congestive heart failure and kidney disease (Dietary Guidelines for Americans).

¹ DHMH, Vital Statistics; ² County Health Rankings; ³ American Community Survey 2013

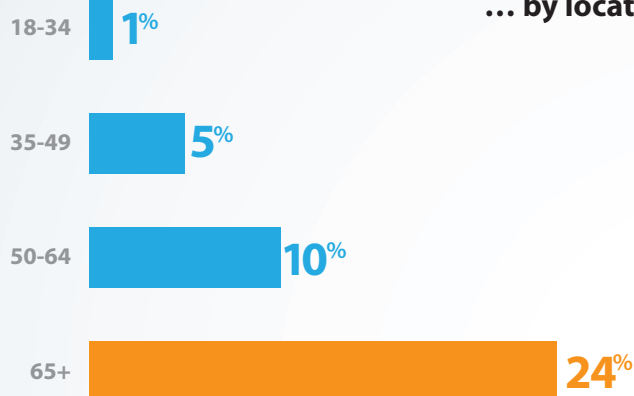
Howard County Health Assessment Survey

Chronic Diseases

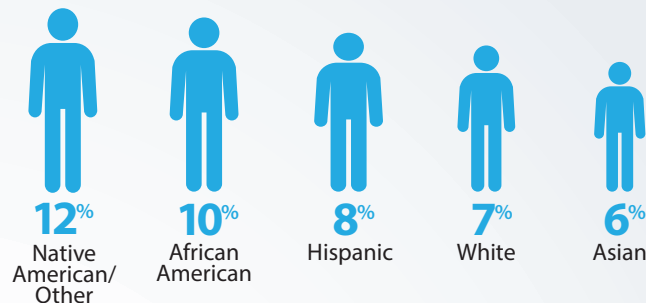
Percentage of residents who have been told they have diabetes...

... by age

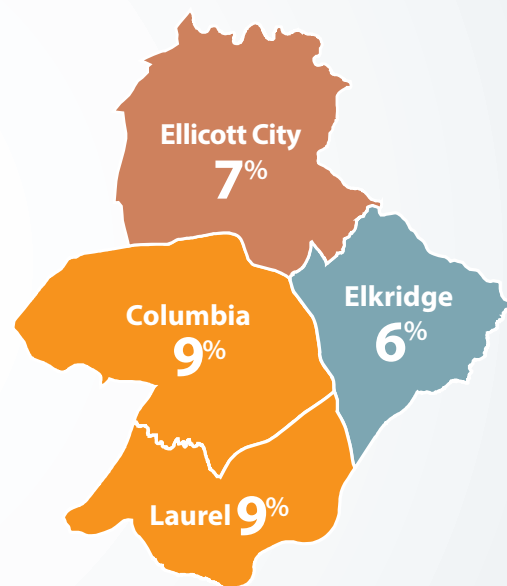
Years old



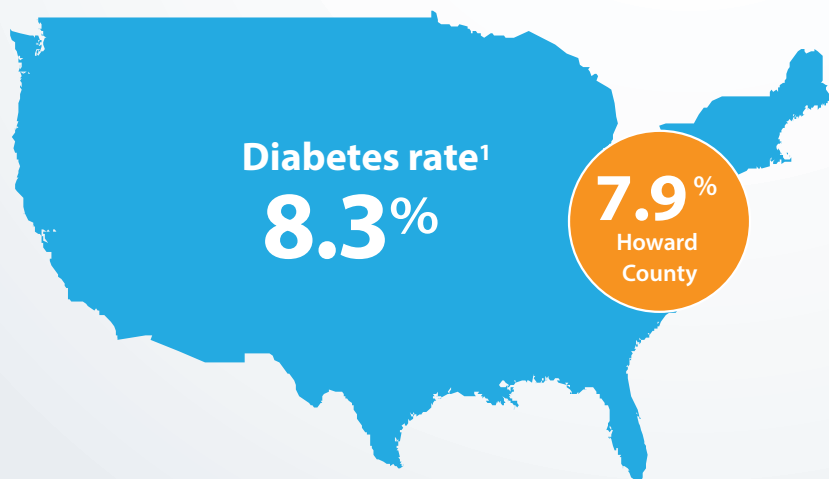
... by race/ethnicity



... by location



Reduce your risk of diabetes by choosing healthy foods and beverages, maintaining a healthy weight and exercising regularly.



¹ Behavioral Risk Factor Surveillance System, 2013

Howard County Health Assessment Survey

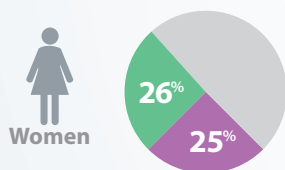
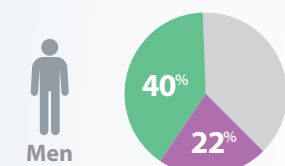
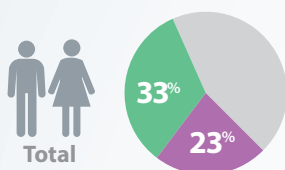
Healthy Weight, Exercise & Nutrition

Every day we make choices about what to eat and how often to move our bodies. Inactivity and unhealthy foods and drinks may lead to becoming overweight or obese. How are Howard County residents' eating and exercise habits measuring up?

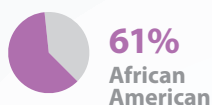
Weight by gender

Obese

Overweight

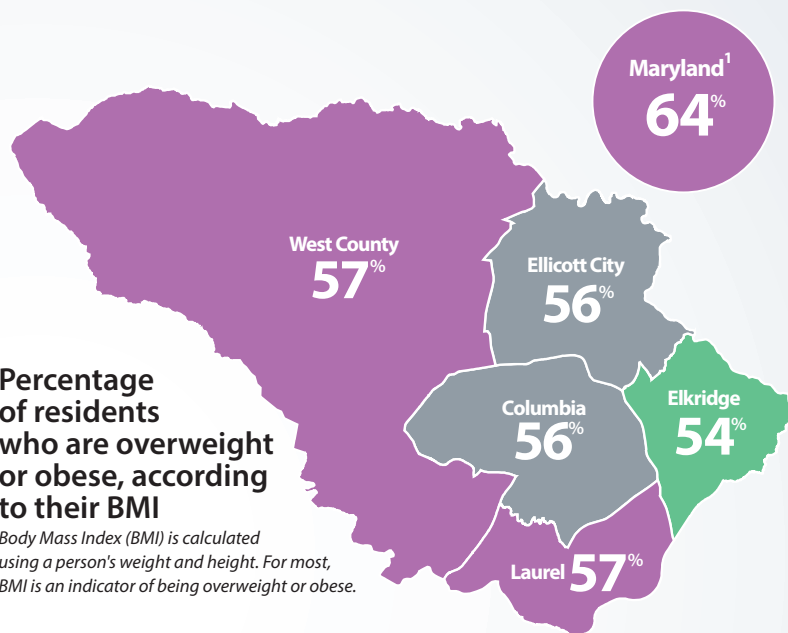


Overweight/Obese by race



Percentage of residents who are overweight or obese, according to their BMI

Body Mass Index (BMI) is calculated using a person's weight and height. For most, BMI is an indicator of being overweight or obese.

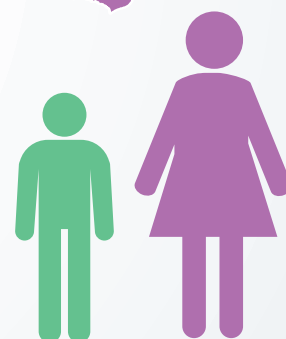


The CDC recommends that children and adolescents get an hour or more of exercise each day.

Adults need at least 2 hours and 30 minutes of weekly, medium-intensity exercise (such as water aerobics or light gardening) OR 1 hour and 15 minutes of weekly, high-intensity exercise (such as jogging or jumping rope).

35%

Advised to lose weight.



37%

51%

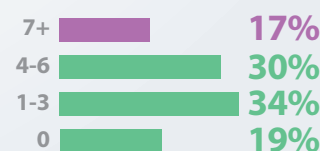
Trying to lose weight

81%

Got exercise such as walking, running or swimming in the last week.



Times exercised in a week

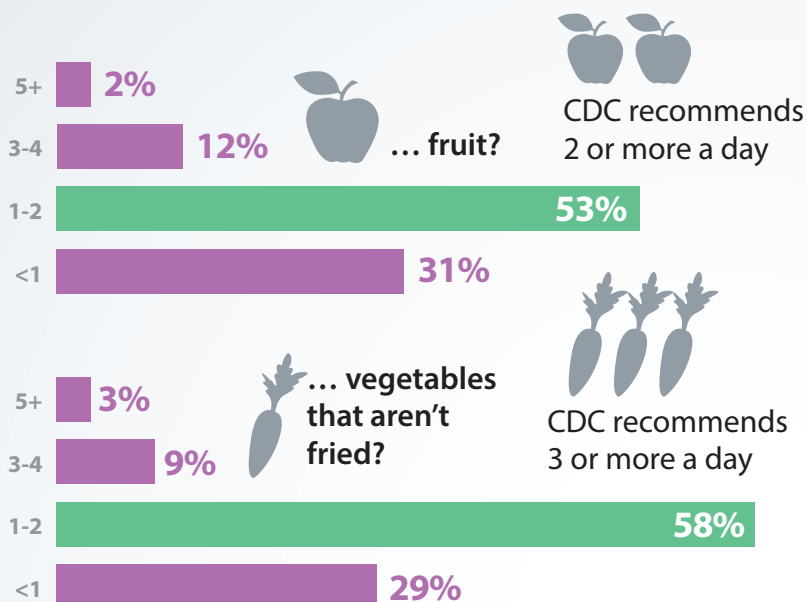


¹ Behavioral Risk Factor Surveillance System, 2013

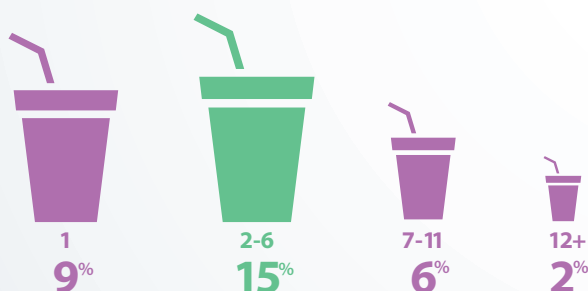
Howard County Health Assessment Survey

Healthy Weight, Exercise & Nutrition

How often each day do Howard County residents eat ...



How many times a week do residents drink non-diet soda?



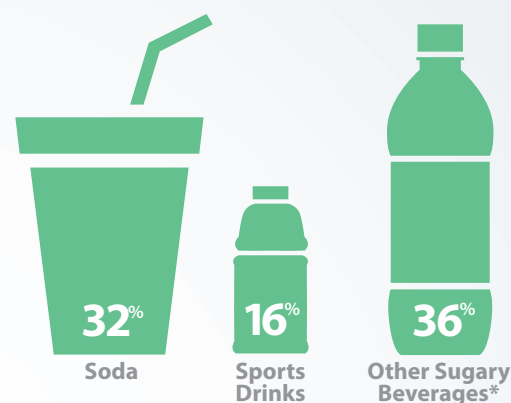
Who isn't getting enough fruits and vegetables?

36% of those earning less than \$50,000 are getting less than one serving of fruit/day and ...

39% are eating less than one serving of vegetables daily.

African Americans, Asians and Native American/ Other residents are more likely to report eating less than one serving of fruits and vegetables daily.

How many residents drink at least one non-diet soda, flavored water with added sugar or sugary beverage per week?



*Flavored teas and fruit drinks

What parents think their children drink*



*Other studies indicate kids drink more than parents think they do.

What should I drink?

Find the best beverages for your family using the Better Beverage Finder (www.betterbeveragefinder.org)

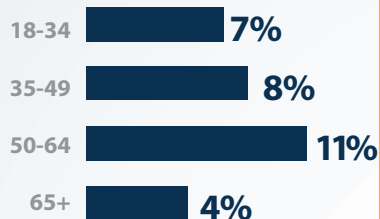
Howard County Health Assessment Survey

Tobacco Usage

Smoking is the single most preventable cause of disease and premature death, according to the CDC. How common is smoking and exposure to secondhand smoke in Howard County?

Smoking frequency by* ...

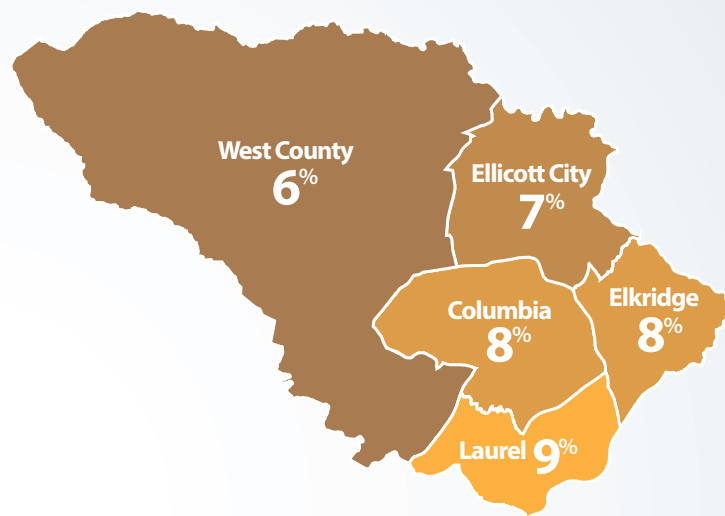
... Age



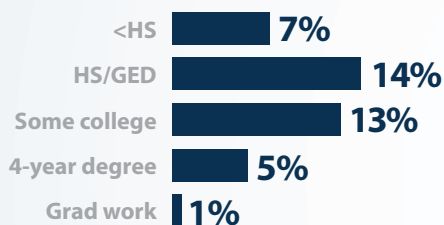
Adults who smoke

Howard County
1 in 13
Maryland¹
1 in 6

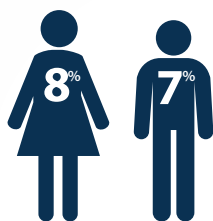
... Location



... Education



... Gender



*Includes those who smoke everyday or some days

Residents in apartments, condos, townhouses, or multi-family buildings who smell tobacco smoke coming from other units or outside.

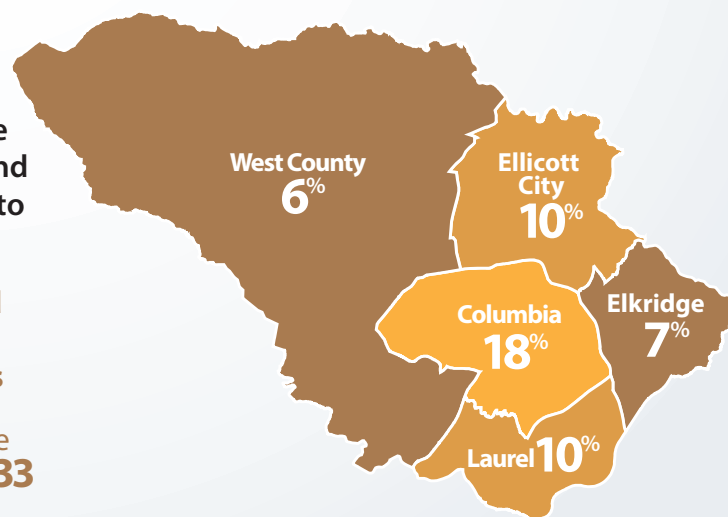
The Howard County Health Department offers free classes for those interested in quitting smoking.

Call 410-313-6265 for more information.

Secondhand smoke exposes children and other nonsmokers to harmful toxins.

Residents exposed to secondhand smoke from others

Home **1 in 33** Vehicle **1 in 33**



¹ Behavioral Risk Factor Surveillance System

For this survey, more than 2,000 Howard County residents answered questions about diet, health histories, access to care and health behaviors in 2014. These key facts will be used to meet health needs and improve the quality of life in Howard County.

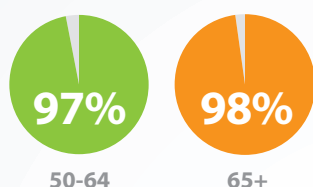
Howard County Health Assessment Survey

Health and Aging in Howard County

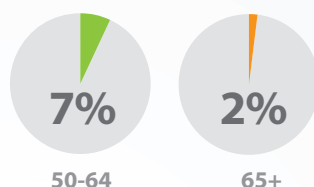
The population of older adults is growing, and this group is at high risk for developing chronic disease. How are older adults in Howard County doing in terms of access to care, chronic diseases and healthy lifestyles?

ACCESS TO AFFORDABLE HEALTH CARE

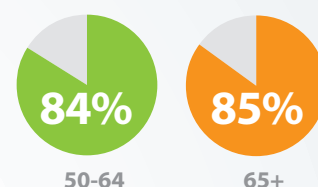
Have Health Care Coverage



Could not see a doctor in the past year due to cost



Goes to doctor's office when in need of medical attention



CHRONIC DISEASES

Ages: Have high blood pressure



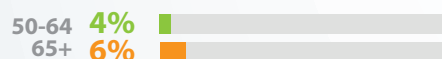
Have high cholesterol



Have Diabetes Type II, excludes gestational



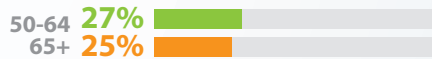
Have COPD or other breathing condition



Overweight BMI between 25.0-29.99

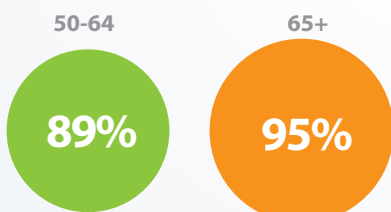


Obese BMI 30.0+



LIFESTYLE

Do not smoke



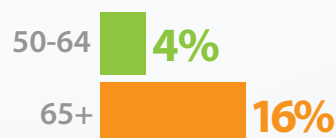
Smoke some days



Smoke every day



Have a health problem requiring the use of special equipment



The Columbia Association (www.columbiaassociation.org) offers programs and classes for older adults, with discounted membership rates for seniors (65+)

Note: Numbers may not equal 100 percent because of rounding

For this survey, more than 2,000 Howard County residents answered questions about diet, health histories, access to care and health behaviors in 2014. These key facts will be used to meet health needs and improve the quality of life in Howard County.